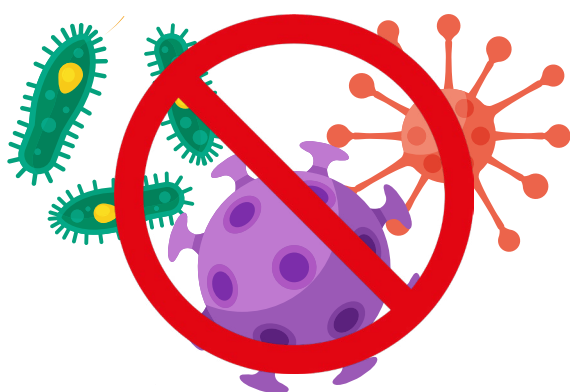


# Stopping infection in hospital

## Information for patients



### Why you need to read this leaflet

- To help us stop the spread of germs and infection in the hospital.



- Germs can be brought into hospital and spread by patients and visitors.
- If you pick up germs it can make you more poorly. You may have to stay longer in hospital.

Easy Read





## Help stop the spread of germs.

Let a nurse know if you need help with any of these.

1. Do not touch your wounds.



2. Do not touch anything that is stuck to you.



3. Do not take off your dressing to show your visitors.



4. **Always** wash your hands for at least 20 seconds after going to the toilet.



5. **Always** wash your hands for at least 20 seconds before you eat.



6. **Keep all your things tidy.**

You can ask your visitors to help.



7. **Tell staff** if you see any dirt or dust on the ward.



8. Remind **staff to clean their hands** if they forget. They do not mind.



9. If you can, try to have a **shower every day**.



10. If you can, **change into clean clothes every day.**



11. **Do not share your things** with other patients or visitors. This includes food, drinks, and pens or pencils.



## Visitor advice

1. Most patients can have **two visitors** at one time.



2. If your visitor has any symptoms of an infectious illness, please ask them not to visit.

### Symptoms include

- a cough
- temperature
- sore throat
- runny nose
- diarrhoea (runny poo)
- being sick
- change in taste or smell.



There is up-to-date information about visiting our hospitals on our **web site** [www.ekhuft.nhs.uk/covid-patient-information](http://www.ekhuft.nhs.uk/covid-patient-information)



Some **patients** may have an **infection** that can **spread to others**.

When visiting these patients, visitors may be asked to wear

- **masks only**, or
- **masks, gloves, and aprons**.

When **staff** go in the patient's room they may wear

- **masks only**, or
- **masks, gloves, and aprons**, or
- **PPE** (Personal Protective Equipment)



**Masks only**



**Masks, gloves, and aprons**



**PPE**

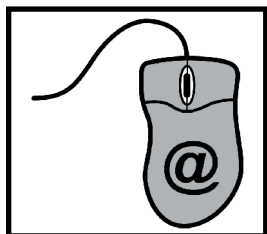


## Our Patient Advice and Liaison Service (PALS) can help you.

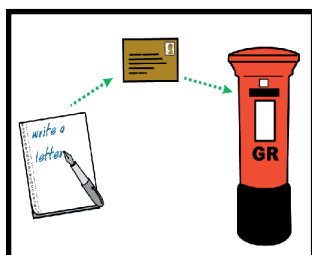
You can ask a question or tell them if you are unhappy about something.

- **Phone:** 01227 78 31 45

The team can phone you back.



- **Email:** [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)



- **Post:** Patient Advice and Liaison Service (PALS), Trust Offices  
Kent and Canterbury Hospital  
Ethlebert Road, Canterbury  
CT1 3NG

**Created together with people with a communication need,  
the experts by experience**



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